



Sautéed Chard and Onions with Caraway



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons olive oil extra virgin
- ☐ 2 large onions sliced
- ☐ 4 servings salt
- ☐ 1 pound chard roughly chopped
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon caraway seeds
- ☐ 0.3 teaspoon celery seed
- ☐ 0.5 teaspoon pepper black

☐ 2 teaspoons red wine vinegar

Equipment

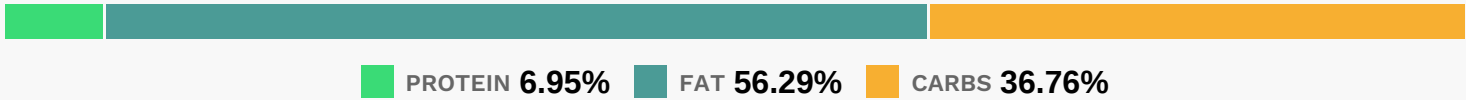
☐ frying pan

☐ tongs

Directions

- ☐ Heat the olive oil in a large sauté pan over high heat until the oil is almost smoking.
- ☐ Add the onions and toss to coat with oil. Sauté for 10–12 minutes stirring often, until the onions are soft and browned on the edges.
- ☐ Sprinkle with salt while the onions are cooking.
- ☐ Add the chard to the onions and mix well with tongs.
- ☐ Once the chard wilts, 2 to 4 minutes, add the honey, caraway seeds, celery seeds, and black pepper. Toss well to combine and cook for another 2–3 minutes, stirring often.
- ☐ Add the vinegar right before serving.

Nutrition Facts



Properties

Glycemic Index:35.82, Glycemic Load:4.61, Inflammation Score:-10, Nutrition Score:19.153043435967%

Flavonoids

Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 7.06mg, Kaempferol: 7.06mg, Kaempferol: 7.06mg Myricetin: 3.54mg, Myricetin: 3.54mg, Myricetin: 3.54mg, Myricetin: 3.54mg Quercetin: 17.72mg, Quercetin: 17.72mg, Quercetin: 17.72mg, Quercetin: 17.72mg

Nutrients (% of daily need)

Calories: 163.58kcal (8.18%), Fat: 10.91g (16.79%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 16.04g (5.35%), Net Carbohydrates: 12.67g (4.61%), Sugar: 8.74g (9.71%), Cholesterol: 0mg (0%), Sodium: 439.28mg (19.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Vitamin K: 948.23µg (903.08%), Vitamin A: 6940.17IU (138.8%), Vitamin C: 39.73mg (48.16%), Manganese: 0.57mg (28.27%), Magnesium: 101.83mg (25.46%), Vitamin E:

3.69mg (24.58%), Potassium: 554.96mg (15.86%), Iron: 2.45mg (13.63%), Fiber: 3.37g (13.47%), Copper: 0.24mg (12.21%), Vitamin B6: 0.21mg (10.36%), Calcium: 82.53mg (8.25%), Phosphorus: 78.24mg (7.82%), Folate: 30.34µg (7.58%), Vitamin B2: 0.13mg (7.47%), Vitamin B1: 0.08mg (5.5%), Zinc: 0.59mg (3.92%), Vitamin B5: 0.29mg (2.94%), Vitamin B3: 0.57mg (2.86%), Selenium: 1.53µg (2.18%)